

The Art Of Emotional Health

Week Four Worksheet

1. How do you normally set goals or decide on changes you want to make? What is your process?
2. What does a happiness practice mean to you? What could a happiness practice look like in your life?
3. From our work together so far, what is the ONE transformation that you most want to make for your emotional health?
4. Why do you want to make this transformation? What will it give you?
5. Is it a SMARTER transformation? If not, how can you make it one?
6. Who can help you in this transformation? What kind of support do you need from those around you?
7. Are you ready to commit to this transformation for yourself? If not, what do you think is in your way?